



## Easy Cheesy Buffalo Dip

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup buffalo wing sauce
- 8 oz philadelphia cream cheese spread
- 1 cup meat from a rotisserie chicken cooked finely chopped
- 0.5 cup classic ranch dressing kraft
- 0.5 cup mozzarella cheese shredded kraft

### Equipment

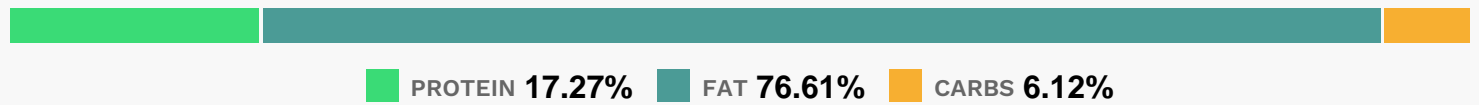
- bowl
- oven

baking pan

## Directions

- Heat oven to 350F.
- Mix first 3 ingredients in medium bowl until blended.
- Add chicken and mozzarella; mix well.
- Spoon into 1-qt. shallow baking dish sprayed with cooking spray.
- Bake 20 min. or until heated through. Stir before serving.

## Nutrition Facts



## Properties

Glycemic Index:0.9, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.98913043154323%

## Nutrients (% of daily need)

Calories: 49.34kcal (2.47%), Fat: 4.14g (6.38%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.75g (0.27%), Sugar: 0.44g (0.49%), Cholesterol: 10.7mg (3.57%), Sodium: 208.96mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin K: 5.4µg (5.15%), Phosphorus: 23.01mg (2.3%), Selenium: 1.61µg (2.29%), Calcium: 20.18mg (2.02%), Vitamin B3: 0.37mg (1.86%), Vitamin A: 87.87IU (1.76%), Vitamin B6: 0.02mg (1.05%), Vitamin B12: 0.06µg (1.05%)